



Year-End Report

2015/16

Inspiring health. Improving lives.

achievable

ASPIRE. Achieve. Inspire.



Dear Friends,

We've set a big goal: To change the healthcare delivery model for vulnerable populations – especially those with intellectual and development disabilities (I/DD).

When we started **The Achievable Foundation** in 1996, our goal was to provide a critical safety net for individuals with I/DD. These clients and their families needed financial assistance to be able to live independent and productive lives. Often, this meant providing funding for a wheelchair or other specialized device, or a security deposit for an apartment.

Twenty years later, through tenacity, visionary leadership and sustained growth in funding, we are caring for these individuals and other low-income, low-access groups at our own Federally Qualified Health Center (FQHC). In fact, November marks our 3-year anniversary as an FQHC.

At **The Achievable Health Center**, our innovative “medical home” model includes lifelong medical, mental health and dental care for children and adults – all in one caring, patient-centered location. In FY 2015-2016, we experienced our biggest expansion yet.

- Provided healthcare to over 1,500 patients, with over 4,100 total encounters; our goal is to serve 2,300 patients by the end of calendar year 2017
- Added 6 new doctors, medical staff and care coordinators to serve our growing patient base
- Improved clinical outcomes for immunizations (92%), as well as for screening and educating children who are at risk for obesity, from 12% to 60% (California average is 56%)
- Awarded an average of 40 camp scholarships annually through our Camp Is Achievable! program
- Helped 101 families through our outreach and enrollment services
- Hosted a Legislative Breakfast on Workforce Development to address the shortage of physicians and healthcare workers trained to care for individuals with intellectual and development disabilities.

People of all abilities deserve access to high-quality, comprehensive healthcare regardless of their gender, income, sexual orientation, or ethnicity. This is especially true today when we face so many uncertainties in healthcare. With everything we do, Achievable will continue to change the conversation and make Los Angeles a national model for healthcare delivery to populations with limited access. We appreciate your support in this journey.

All the best,

Carmen Ibarra
Chief Executive Officer

HOW WE'RE DOING

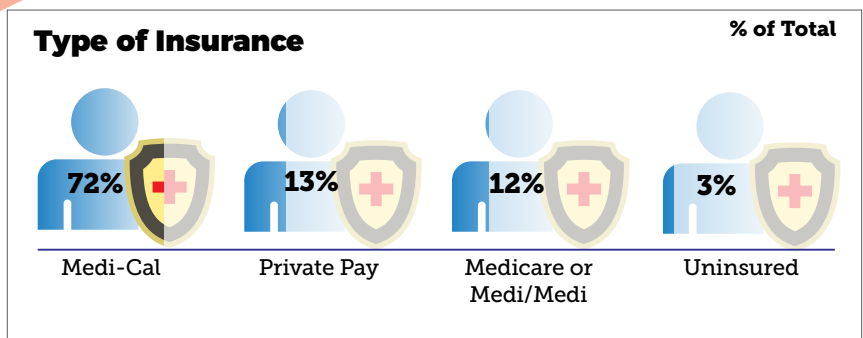
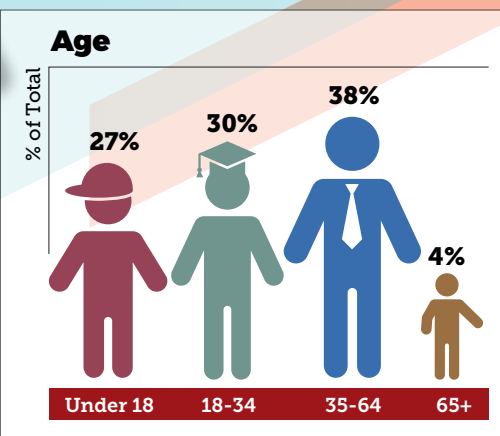
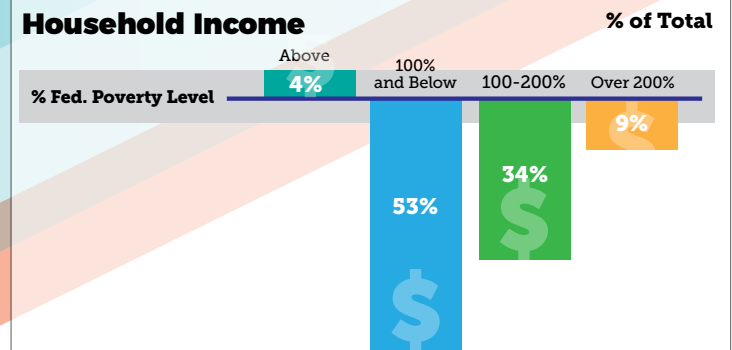
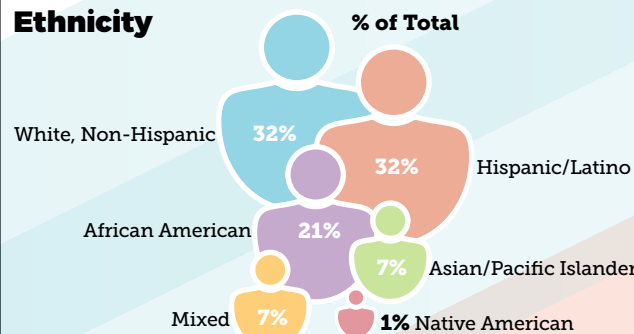
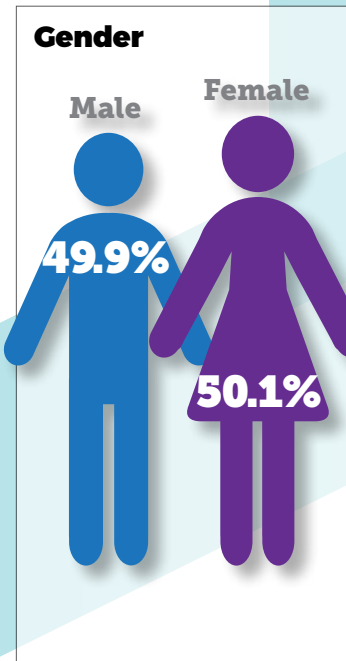
We're delivering on our mission: To improve the quality of life for individuals with intellectual and developmental disabilities (I/DD) in Los Angeles County.

Unique Patients Served

- FY 2014-15: **1,032**
- FY 2015-16: **1,516**

Percentage of Patients with I/DD

- FY 2015-16: **33.6%**
- FY 2016-17 (Projection): **45%**





**Aren and Arielle Daye
both call Achievable
their medical home.**

When her case manager at the Westside Regional Center recommended The Achievable Health Center to Cherie Daye, she listened. Her son, Aren has both physical and intellectual disabilities and had been a client at Westside for several years. Aren, now 20, needed a doctor who could help him transition from pediatric care to adulthood – one who specialized in caring for patients with intellectual and developmental disabilities (I/DD).

“Aren’s so special; he’s the bomb; he really gets it,” said Cherie. “Dr. (Mark) Benor spends time with him and knows how to talk to him. The Achievable staff always has his best interests at heart; they fight for him. And he loves them back.”

To determine the best treatment approach, Dr. Benor retested Aren for genetic abnormalities. “He’s had his picture taken and been measured so many times trying to figure out his syndrome. Dr. Benor identified the specific chromosome responsible for his issues. It’s so comforting to know exactly what’s causing the problem and to work with a doctor who knows how to treat it.”

Cherie’s 16-year-old daughter, Arielle, was still under the care of their pediatrician – but he was planning to retire. Arielle had some health issues and had asked her mom to find her a female doctor. One day at school, she became severely dehydrated. Cherie called Achievable and asked if she could bring Arielle in, since it was more convenient to their South Bay home. Arielle found her female doctor that day in Dr. Michelle Catanzarite.

“I love Dr. Benor, but Arielle really needed a woman. Dr. Catanzarite put Arielle on the right pills to help with her issues. She also got her into counseling and recommended speech and occupational therapy for her non-verbal learning disabilities. It’s been a game changer.”

Today, Achievable is the medical home for all three Dayes. Aren receives primary and neurological care, and Arielle sees a therapist in addition to her primary care. Cherie also receives primary care. She’s happy all three can come to Achievable and that she doesn’t have to make trips all over the city to see specialists.

“I had heard such good things about Achievable from Westside, and when I came here I got good vibes. I’ve never looked back.”

Our patients are the reason we're here. They inspire us every day.

When Yvette Boland moved to Los Angeles two years ago from Philadelphia to be closer to family, she left behind a doctor who had a great relationship with her son Preston. Preston, six years old at the time, had been diagnosed with an autism spectrum disorder, and she was looking for the same level of passion, understanding and care.

"Preston's doctor in Philadelphia had established a connection with him. Change is hard for Preston; it takes a long time for him to adjust. And I'm not comfortable until he's comfortable."

Preston is physically healthy, but he doesn't like to be touched. When he needs an examination or tests, it can be difficult.

"Dr. Benor is awesome," said Yvette. "He talks to him, tries to get to know him. He doesn't get him overstimulated with all the equipment; he explains everything. Preston is starting to warm up. Here, the communication is good and I feel welcomed and reassured."

In addition to primary care, Preston receives dental care at a special needs dentist in the same building as Achievable. "It's not convenient for me – I live in Gardena. But I'd rather spend the time driving across town than waiting at an appointment. Preston can't handle waiting; after two hours, he has a meltdown. Here, it's not a long wait, it's calmer. They don't stack up appointments."

Yvette, a single mom, admits that her situation is difficult to manage – she needs all the support she can get. "Autism requires such a strict routine. I'm so grateful for my older children who don't have to be told to help; they just do it because they love him."


Yvette is also grateful for the support she receives from the Achievable team: "The care at Achievable is excellent, but I tell other parents to come here because of the comfort level. They work with your schedule; phone calls are returned; you don't have to go through six people to get to a doctor. My other kids' doctors are completely different."

Today, Preston's future looks hopeful. He's in a school for children with disabilities and is receiving Applied Behavioral Analysis (ABA) to improve his learning and social skills. Now Yvette can think about herself.

"When I come into Achievable, there are always smiling faces; I feel like I'm home. They ask me about me – how I feel. They reinforce that I'm handling his behavior correctly. But the bottom line is: If you're treating him well, I'm fine with you."

A young boy with short dark hair, wearing a green and blue striped polo shirt, is smiling warmly at the camera. He is holding a red tablet computer with both hands. The background is slightly blurred, showing what appears to be an indoor setting with a colorful abstract painting on the wall.

**Preston Boland's mom
found support for her
autistic son and for
herself.**



Rebeca Aguirre is happy in her work as an advocate for people with I/DD.

Rebeca Aguirre, 44, has cerebral palsy. When she was a child, her mother emigrated to the U.S. from Ecuador so Rebeca could get the medical treatment she needed. She has lived her whole life with two disabilities, but the one that was most devastating remained undiagnosed.

"From the time I was 15, I have struggled with major depression," she explained. "I spent many years in and out of doctors' offices trying to find out what was wrong. They only saw my physical disability and didn't pay attention to me as a person. I wasn't getting the treatment I deserved; I felt ignored."

Despite her disabilities, Rebeca attended community college after high school. She was in her 20s and a client at the Westside Regional Center (WRC) when she was tapped to be a board member. Although she left the WRC board after four years to pursue a communications degree at USC, she was still at the Center regularly for appointments.

When a group of WRC parents and physicians mentioned they were starting The Achievable Foundation, she wanted to be a part of it. "I was there when Achievable was born! I've seen it evolve from a parent-supported emergency fund to a free-standing health center."

It was only two years ago, as a patient at Achievable, that Rebeca met Dr. Mark Benor. He diagnosed her mental illness and prescribed antidepressants, in addition to regular therapy. Now, Rebeca is also treated by Dr. Jennifer Breitbart, Achievable's psychiatrist.

"It's amazing what treating my depression has done...it's changed my life! Mental illness is such a taboo; it's really difficult to talk about. I struggled for years."

Today, Rebeca spends her time advocating for people with intellectual and developmental disabilities (I/DD). She is an active board member of The Achievable Foundation, in addition to representing minorities, women and people with disabilities on the California State Independent Living Council. She is proudly entering her second term on the Council.

"Our population is special and has special healthcare needs," said Rebeca. "The Achievable physicians specialize in caring for people with I/DD. Our goal is to improve their quality of life."

Rebeca still calls the Achievable Health Center her medical home. "The doctors and staff here are awesome. They're really patient; they give you quality attention; they treat the whole person. They not only take care of you here, they care for you."

Aspire. Achieve. Inspire. **SUCCEED.**

*Achievable Board Members
(front row, l to r): Kent Graham, President;
Rebeca Aguirre; Bob Steiner; (back row, l to
r): Lou Spitz; Russell Tanner; John Chavez*

*Not pictured: Ted Tannenbaum, Board Vice
President; Ben Davidson, Treasurer; Rayvone
Duthard, Mike Danneker*



We're getting attention. Attracting funds from diverse sources.
And using these resources to serve more patients.

BY THE NUMBERS

REVENUE

		% of Total
Corporations	\$ 20,000	1%
Foundations	\$ 296,500	14.8%
Individual Donors	\$ 36,979	1.8%
Government	\$ 541,791	27%
Patient Fees & Other	\$1,052,748	52.4%
Baker	\$ 54,645	2.7%
Other	\$ 6,349	0.3%

TOTAL \$2,009,012

EXPENSES

		% of Total
Clinical	\$1,308,066	78.9%
Administration	\$ 245,068	14.8%
Baker Camp	\$ 65,777	4%
Fundraising	\$ 38,309	2.3%

TOTAL \$1,657,220

NET INCOME \$ 351,792

JL Foundation	\$75,000
California Community Foundation	\$62,500
Blue Shield of California Foundation	\$51,500
Cedars-Sinai Medical Center	\$50,000
John Gogian Family Foundation	\$42,500
Carolyn and Julian Elliott	\$10,000
Werner Wolfen	\$10,000
The Rosalinde and Arthur Gilbert Foundation	\$10,000
Carl W. Johnson Foundation	\$7,500
L.A. Care	\$7,500
James and Anahita Lovelace	\$5,000
Kaiser Permanente	\$5,000
The US Charitable Gift Trust	\$5,000
The Graham Family	\$5,000
John and Patty Nickoll	\$5,000
SoCalGas	\$5,000
W.M. Keck Foundation	\$5,000
MedPOINT Management	\$4,350
Ira Goldberg	\$4,000
Lou and Melinda Spitz	\$4,000
The Leonard and Annette Shapiro Family Foundation	\$3,000
Ted Levine Drum Company	\$3,000
The Bird Family	\$2,500
Jeff and Allison Mirkin	\$2,500
Windes	\$2,500
Timothy Lekavich and Special Needs Dental Assoc.	\$2,500
Prospect Medical Group	\$2,500
The Sheri and Les Biller Family Foundation	\$2,500
Carl E. Wynn Foundation	\$2,000
Andy Martin	\$2,000
Wells Fargo	\$2,000
Jerry and Joan Doren	\$2,000
Manufacturers Bank	\$2,000
Enright and Ocheltree, LLP	\$1,500
Ted Tannenbaum and Danise Lehrer	\$1,500
The Davidson Family	\$1,500
Options for Life	\$1,400

With the generous help of our supporters, we are improving the quality of life for children and adults with intellectual and developmental disabilities



Priscilla Hoe	\$1,000
The Wiley Center	\$1,000
Golden State Water Company	\$1,000
City National Bank	\$1,000
Jess and Lill Beim	\$1,000
Geri Brawerman	\$1,000
Warren and Elaine Breslow	\$1,000
Mike and Diann Danneker	\$1,000
Eric and Karen Gurwin	\$1,000
Mark and Pearle Rae Levey	\$1,000
Steven and Suzan Spitz	\$1,000
Bob and Mary Jane Steiner	\$1,000
Ruby Wortham	\$1,000

